

Senior Services



norman park center

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III

Kathy Wigginton, Recreation Supervisor II

Go to the City's website or

www.lifeoptionssouthbay.com

Recreation Page to see complete program.

Fitness Center

Open Monday - Saturday.

Orientation required before joining.

Orientation and

Membership Fee: \$25 per quarter

Walking Program

"Walk toward Fitness" for 50+

Meets on Tuesday and Friday at J Street Marina Park. Pre-requisite: must be able to walk for 10 minutes without stopping.

Fee: \$16 Resident

Registration required

September 26 - November 17

#4300.471 9:00 - 10:00 am

Circuit Training

Offered in conjunction with Chula Vista Adult School.

Fee: \$25 Resident

September - January

#4200.471 Mon, Wed 9:10 - 9:40 am

#4200.471 Mon, Wed 9:45 - 10:15 am

Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am.

Fall Picnic at Rohr Park

October 12 11:00 am

Fee: \$3 Reservations required

45th Anniversary Celebration of Chula Vista Senior Citizens Club

November 9 1:00 pm

Fee: \$2 Members

\$5 Non-Members

Holiday Brunch

December 15 10:30 am

Fee: \$3

Advance ticket purchase required.

Life Options Annex

www.lifeoptionssouthbay.com

Hours: Mon/Tues/Thurs, 9am-3pm

Through the Annex and the Life Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide persons nearing or in retirement with information and referrals and to bring community members together.

Live Long, Live Well

These programs, offered through Life Options, are designed to be both educational and entertaining. Presentations will be held at the Chula Vista Civic Library, one Saturday a month at 10:30 am.

Dance Through Life!

Salsa, Ballroom and Line Dance demonstrations/workshop with audience participation encouraged. Instructors will discuss history of the dances demonstrated as well as where, when and cost of classes available in the community.

August 5 10:30 am

The Lawyer in Blue Jeans

Attorney Jeff Isaac will address legal issues regarding trusts vs. wills.

September 9 10:30 am

Acting Workshop: You are the Star

Life is a stage and you are the star! Join us for this 2-hour workshop that will encourage audience participation as well as inform you where you can take classes and how to become involved with local stage productions.

October 21 10:30 am

Art Appreciation: Cultivate Your Knowledge of Fine Art

When you look at a work of art do you know what you like but don't know much about the style, period or artist who created it? Join us to find out how you can learn about various art forms such as painting, sculpture, and more.

November 18 10:30 am

adult classes

Ongoing classes through January 30.

Watercolor **Free**
Mon 9:00 am

Exercise **Free**
M-Th 8:00 am

Yoga **Free**
Fri 8:00 am
Wed 7:15 pm

Yoga
Session Fee: \$25 per semester
Thurs 5:00 pm
Thurs 7:15 pm

Strength Training
Fee: \$1 per class
Weds 6:00 pm

Write Your Life Story

Designed for the older adult, structured sessions utilizing the Life Bio internet service are taught by a SeniorNet Computer Learning Center volunteer. Basic computer skills as well as typing skills are prerequisites. Registration taken only at Norman Park.

Fee: \$30
Norman Park
October 9, 16, 23, 30 1:00 - 4:00 pm

Are You OK?

This program advocates independent living by reassuring participants with a regularly scheduled daily check up call.

Info, Referral and Social Services

Norman Park provides numerous services for seniors and their families through the community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling and bereavement support. Staff is available to answer your questions between 10 am and 11:30 am, Mon - Fri. (619) 691-5087.